

Suicide Awareness



Effective suicide prevention requires everyone to be aware of the risk factors for suicide and know how to respond.

Look For:

- ♦ Comments that suggest thoughts or plans of suicide
- ♦ Rehearsal of suicidal acts
- ♦ Giving away possessions
- ♦ Obsession with death, dying, etc.
- ♦ Uncharacteristic behaviors (e.g., reckless driving, excessive drinking, stealing)
- ♦ Significant change in performance
- ♦ Appearing overwhelmed by recent stressor(s)
- ♦ Depressed mood; hopelessness
- ♦ Withdrawal from social activities
- ♦ Talking or hinting about suicide
- ♦ Formulating a plan
- ♦ Finalizing personal affairs

When a person presents with any one of these concerns, the person should be seen immediately by a helping provider.

What to Look For

Risk Factors



Distress can lead to the development of unhealthy behaviors. People closest to the person (fellow employees, family, and friends) are in the best position to recognize changes due to distress and to provide support.

Risk Factors:

The risk factors often associated with suicidal behavior include the following.

- ◆ Relationship problems
- ◆ History of previous suicide attempts
- ◆ Substance abuse
- ◆ Family history
- ◆ Work and/or family problems
- ◆ Significant loss (death of loved one, loss due to natural disasters, etc.)
- ◆ Setbacks

High Risk Factors:

- ◆ The person sees no way out and fears things may get worse
- ◆ The predominant emotions are hopelessness and helplessness
- ◆ Thinking is constricted with a tendency to perceive his or her situation as all bad
- ◆ Judgment is impaired by use of alcohol or other substances

Risk Factors

What to Do



Once you are familiar with the clues of depression and suicide intent, you are in a much better position to respond appropriately. The type of intervention is based on efforts to problem solve and provide a safe environment for the suicidal person. Depending on the urgency of the situation, this can range anywhere from empathetic listening to implementing a highly directive intervention procedure. **Generally, the more immediate the danger, the more directive you must become. If danger is imminent call 911, even if the suicidal person forbids you to. Never feel bad about doing this! It is your top priority to keep them safe by any means necessary.** Follow proper local Forest notification procedures as needed.

In Person:

- ◆ Never leave a suicidal person alone
- ◆ Have the courage to ask the question, but stay calm
- ◆ Find out what is going on
- ◆ Be honest and direct
- ◆ Care for the person
- ◆ Ask the question directly
- ◆ Remove any means that could be used for self-injury
- ◆ Escort the person to the appropriate level of intervention
- ◆ Monitor the person and others that could have been shaken by the event
- ◆ Involve a behavioral health professional or a primary care provider

Note: The person may be so intent on suicide that they become dangerous to those attempting help. Talk to a mental health provider for advice on whether to call an ambulance or transport patient yourself. Law enforcement intervention/assistance is always an option if person is combative.

What to Do: In Person

What to Do



By Phone:

- ♦ Establish a helping relationship
- ♦ Quickly express that you are glad the person called
- ♦ Immediately get the telephone number that he/she is calling from in case you are disconnected
- ♦ Find out his/her location
- ♦ Get as much information as possible about his/her plans, access to means of self-harm, and intent
- ♦ Alleviate the person's isolation by recommending they stay with family or friends
- ♦ Listen and do not give advice
- ♦ Keep the person talking as long as possible until help can reach them
- ♦ Follow up and ensure the person is evaluated

What to Do: By Phone

What to Avoid



What to Avoid:

- ◆ Avoid topics that could agitate them (i.e., unfair supervisor, family issues, etc.)
- ◆ Do not minimize the problem
- ◆ Do not ask, "Is that all?"
- ◆ Do not overreact to the problem
- ◆ Do not create a stigma about seeking mental health treatment
- ◆ Do not give simplistic advice such as, "All you have to do is..."
- ◆ Do not tell the person to "suck it up" or "get over it"
- ◆ Do not make the problem a source of gossip
- ◆ Do not delay a necessary referral

We need to let our employees know they are safe and in good hands if they ask for help.

What to Avoid

Important Contact Numbers



ANGELES

1-800-222-0364 (FOH) www.foh4you.com

CLEVELAND

1-800-222-0364 (FOH) www.foh4you.com

ELDORADO

1-800-222-0364 (FOH) www.foh4you.com

INYO

1-800-222-0364 (FOH) www.foh4you.com

KLAMATH

1-800-222-0364 (FOH) www.foh4you.com

LASSEN

1-800-222-0364 (FOH) www.foh4you.com

LOS PADRES

1-800-222-0364 (FOH) www.foh4you.com

MENDOCINO

1-800-222-0364 (FOH) www.foh4you.com

MODOC

1-800-222-0364 (FOH) www.foh4you.com

Important Contact Numbers

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SIX RIVERS

1-800-222-0364 (FOH) www.foh4you.com

PLUMAS

1-800-222-0364 (FOH) www.foh4you.com

SAN BERNARDINO

1-800-222-0364 (FOH) www.foh4you.com

SEQUOIA

1-800-222-0364 (FOH) www.foh4you.com

SHASTA-TRINITY

1-800-222-0364 (FOH) www.foh4you.com

SIERRA

1-800-869-0276 (EAP Consultants) <http://www.eapconsultants.com/>

STANISLAUS updated 09/09/2015

1-800-222-0364 (FOH) www.foh4you.com

Important Contact Numbers

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TAHOE

1-800-222-0364 (FOH) www.foh4you.com

LTBMU

1-800-222-0364 (FOH) www.foh4you.com

REGIONAL OFFICE

1-800-222-0364 (FOH) www.foh4you.com

PSW Southern Units

1-800-222-0364 (FOH) www.foh4you.com

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1-800-222-0364 (FOH) www.foh4you.com

TEAMS

1-800-222-0364 (FOH) www.foh4you.com

CIO

1-800-222-0364 (FOH) www.foh4you.com

National Suicide Hotline 1-800-273-TALK(8255)

Important Contact Numbers